

C1  
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B1  
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which forms a slidable interface with the inner surface of the housing; and

a flow conduit having a first end communicating with the first portion of the cavity in the housing and a second end communicating with the second portion of the cavity in the housing, the flow conduit including:

a first and second flow control valves for controlling the flow of fluid between the first and second portions of the cavity in the housing, each flow control valve including a flow regulator having a plurality of user selectable discrete settings for controlling the rate at which the fluid flows through a corresponding flow control valve. ~~to provide a discrete metered~~

B2  
24. (Amended) The dampening cylinder of claim 23 wherein the flow regulator of the first flow control valve is movable between a first retracted position wherein the flow regulator of the first flow control valve is removed from the first flow path and a second extended position wherein the flow regulator of the first flow control valve extends into the first flow path.

B3  
28. (Amended) The dampening cylinder of claim 26 wherein the flow regulator of the second flow control valve is movable between a first retracted position wherein the flow regulator of the second flow control valve is removed from the first flow path of the second flow control valve and a second extended position wherein the flow regulator of the second flow control valve extends into the first flow path of the second flow control valve.

Sub  
C2  
B4  
30. (Amended) A dampening cylinder, comprising:  
a cylindrical housing having first and second ends and an inner surface defining a cavity in the housing for receiving a fluid therein;  
a piston slidably extending through the cavity in the housing;  
a flange projecting from the piston and positioned within the cavity so as to divide the cavity in the housing into first and second portions, the flange terminating at a radially outer edge which forms a slidable interface with the inner surface of the housing;

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a first conduit having a first end communicating with the first portion of the cavity in the housing and a second end;

a second conduit having a first end communicating with the second portion of the cavity in the housing and a second end; and

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a control valve structure disposed between the first and second conduits for controlling the flow of fluid between the first and second portions of the cavity in the housing, the control valve structure includes first and second flow control valves in series between the first and second conduits;

wherein the first flow control valve includes a flow regulator having a plurality of user selectable settings and being movable into the first flow path, the flow regulator controlling the rate at which the fluid flows through the first flow path; and

wherein the second flow control valve includes a flow regulator having a plurality of user selectable settings and being movable into the first flow path of the second flow control valve, the flow regulator controlling the rate at which the fluid flows through the first flow path.

Cancel claim 31.

B5  
32. (Amended) The dampening cylinder of claim 30 wherein the first flow valve includes first and second orifices interconnected by first and second parallel flow paths, the first orifice communicating with the first portion of the cavity through the first conduit.

Cancel claim 33.

B6  
34. (Amended) The dampening cylinder of claim 32 wherein the first flow control valve includes a check valve disposed in the second flow path, the check valve allowing the flow of fluid through the second flow path in a first direction and preventing the flow of fluid through the second flow path in a second direction.

Cancel ~~claim~~ 36.

B7  
37. (Amended) The dampening cylinder of claim 35 wherein the second flow control valve includes a check valve disposed in the second flow path of the second flow control valve, the check valve of the second flow control valve allowing the flow of fluid through the second flow path of the second flow control valve in the second direction and preventing the flow of fluid through the second flow path of the second flow control valve in the first direction.

Sub  
c3  
38. (Amended) A dampening cylinder, comprising:  
a cylindrical housing having first and second ends and an inner surface defining a cavity in the housing for receiving a fluid therein;  
a piston slidably extending through the cavity in the housing;  
a flange projecting from the piston and positioned within the cavity so as to divide the cavity in the housing into first and second portions, the flange terminating at a radially outer edge which forms a slidable interface with the inner surface of the housing;  
a first conduit having a first end communicating with the first portion of the cavity in the housing a second end;  
a second conduit having a first end communicating with the second portion of the cavity in the housing and a second end;  
a first flow control valve having first and second orifices interconnected by first and second parallel flow paths, the first orifice connected to the second end of the first conduit so as to allow the first and second flow paths through the first flow control valve to communicate with the first portion of the cavity through the first conduit, the first flow control valve including:  
a flow regulator having a plurality of user selectable settings and being movable [between a first retracted position wherein the flow regulator is removed from the first flow path through the first flow control valve and a second extended position wherein the flow regulator extends] into the first flow path through the first flow control valve, the flow regulator controlling the rate at which the fluid flows through the first flow path; and